

# HEALTHMATTERS

## CINCINNATI HEALTH DEPARTMENT NEWSLETTER

**APRIL 2018**

Vol. VIII Issue IV

**“We Know Health Matters”**,  
CHD’s show on Citicable,  
Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

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### **National Public Health Week, April 2 – 8**

Celebrated officially during the first full week of April, National Public Health Week (NPHW) is a national campaign organized by the American Public Health Association (APHA). The campaign recognizes the contributions of public health, honors the contributions of public health workers, and highlight issues that are important to improving our nation's health.

The role of public health is to ensure everyone has a chance at a long and healthy life. That means tackling the underlying causes of poor health and disease risk. Those causes are rooted in how and where we live, learn, work and play. That's why, during National Public Health Week 2018, the Cincinnati Health Department, is rallying around a goal of making the U.S. the Healthiest Nation in One Generation — by 2030.

For over 20 years, APHA has served as the organizer of NPHW and is responsible for creating a national campaign to educate the public, policy-makers and practitioners about issues related to each year's theme. These themes, which focus on a different health topic that's critical to creating the healthiest nation, help to raise awareness about public health and prevention.

This year the daily themes for the week include:

Monday: Behavioral Health  
Tuesday: Communicable Diseases  
Wednesday: Environmental Health  
Thursday: Injury and Violence Prevention  
Friday: Ensuring the Right to Health

The Cincinnati Health Department has developed partnerships across public and private sectors to ensure decisions are made with people's health in mind. During NPHW and daily, we celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships, and champion the role of a strong public health system. We firmly believe that together, we can build healthier communities and eventually, the healthiest nation.





### CHD Welcomes New Board of Health Members

CHD is excited to welcome two new members to the Board of Health. **Amar Bhati, MD, BIS**, an Internal Medicine Physician, who recently began his own Primary Care Practice after almost a decade with The Christ Hospital and Tri-Health/ Good Samaritan Hospital. Also new to the Board is Ms. **Carrie Douglas**, who currently serves as the President of the Roselawn

Community Council after retiring with over 35 years dedicated to the Internal Revenue Service. Both members are excited to begin their tenure and will serve a three year term which will expire on February 28, 2021.

### Newly Elected Board of Health Leadership

Dr. Phillip K. Lichtenstein was elected as the new Board of Health Chair. Dr. Lichtenstein will lead and coordinate all Board meetings for the next year. Dr. Lichtenstein serves as the first Medical Director for the Children's Home of Cincinnati. Before joining the Children's Home he worked in private practice for nearly 30 years. The new Board of Health Vice Chair is Mr. Ronald Robinson of The Robinson Consulting Group, LLC. Mr. Robinson has also served as the Chair of the Finance Subcommittee for the Board of Health since its inception in May 2017.



### Sold In America— Addiction and sex trafficking intersect

WCPO-TV teamed up with its national news outlet, Newsy, for a screening and live panel discussion about Newsy's documentary series, *Sold In America*. A Newsy team spent nine months traveling the country to report, in-depth, on the sex trade in the US. *Sold In America* explores how drug addiction and child sex trafficking intersect. It's a new documentary series from next-generation national news network Newsy, that deeply explores this violent, abusive and lucrative industry to expose the gaps in government energies to combat sex trafficking.

The three-part series presents the stories behind the buying and selling of sex through the experiences of trafficking survivors, sex workers, pimps, buyers and the public officials in the forefront of the effort.

While the series is three half-hour documentaries about the buying and selling of sex in America, you can see an overview of the documentary along with the panel discussion at <https://www.wcpo.com/news/our-community/sold-in-america-find-out-how-drug-addiction-child-sex-trafficking-intersect-in-kentucky>.

CHD's Jennifer Mooney, PhD, MS, Division Director, Family Health, served as a panelist. Other panelist include:

- Kristyn Hartman, WCPO-TV, Anchor – Moderator
- Noor Tagouri – Correspondent, *Sold In America*
- Jimmy Adams – Lieutenant, Covington Fire Department (featured in the documentary)
- Amy Cornelius – trafficking and addiction survivor from Middletown

Last month, WCPO streamed the event on WCPO.com and on the Newsy Facebook page. WCPO will be taping the event for a special broadcast later this Spring.

### Events & Shout Outs!

**ArtsWave Campaign is in full swing!**  
Pledge cards are accessible, and payments can be made online at [www.ArtsWave.org](http://www.ArtsWave.org).



**Friday, April 6, from Noon-1:00 p.m. —**  
Healthy Lifestyles presents Healthy Eating and Tips for Natural Weight Loss with Dr. Dan Buchanan, B&K Auditorium

**Saturday, April 7, from Noon—4 p.m.,**  
Su Casa Hispanic Center Health Fair (bilingual), AMIS School, 1908 East Seymour Avenue, Cincinnati, Ohio 45237

**Saturday, April 21, from Noon—4 p.m.,**  
Su Casa Hispanic Center Health Fair (bilingual), Saint Julie Billiard Parish, 224 Dayton Street, Hamilton, Ohio 45011

**Tuesday, April 24 at 6:00 p.m. —**  
Monthly Board of Health Meeting, 3101 Burnet Avenue, B&K Auditorium

## National Minority Health Month



National Minority Health Month is observed every year in April to highlight the health disparities that persist among racial and ethnic minority populations and the ways in which legislation, policies and programs can help advance health equity.

Recognizing that health is the key to progress and equity in all other things, Dr. Booker T. Washington proposed the observance of “National Negro Health Week” in April 1915. He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to “pull together” and “unite... in one great National Health Movement.” That observance grew into what is today a month-long initiative to advance health equity across the country on

behalf of all racial and ethnic minorities.

### What is Health Equity?

Health equity is when everyone has the opportunity to be as healthy as possible.

### What Are Health Disparities?

Health disparities are differences in health outcomes and their causes among groups of people. For example, African American children are more likely to die from asthma compared to non-Hispanic White children. Reducing health disparities creates better health for all Americans.

### Why is Health Equity Important?

Health is central to human happiness and well-being and is affected by where people live, learn, work, and play.

During National Minority Health Month and throughout the year, CHD joins with its partners in raising public awareness about health and health care disparities that continue to affect racial and ethnic minorities and efforts to advance health equity. Despite our country’s progress towards ending health disparities, racial and ethnic minorities continue to face significant health disparities.



### A Message from the Board of Health



Phil Lichtenstein, MD  
Chair, Board of Health

On behalf of the Board of Health and the Cincinnati Health Department, I wanted to extend a heartfelt thank you to Mr. Tim Collier and Mr. Malcolm Timmons. Both have served on the Board of Health from 2014- 2018 and both served in the role of Board of Health Chair.

It is with deep gratitude to my predecessor and now Past-Chairs that we acknowledge their strength, guidance, dedication, and service all while celebrating the health department’s growth and existence. With their leadership, the Board has navigated through difficult political waters and reduced funding. It is a bittersweet moment as we say a heartfelt goodbye and thank you to Mr. Collier and Mr. Timmons. And while their official service has ended, their efforts will always be the guiding light as the organization continues to grow and move forward.

I am proud to continue in the footsteps of their strong examples of leadership. As the new Chair of the Board of Health, and joining me in the role of Vice Chair, Mr. Ronald Robinson, I would like to thank you all for the trust in myself, and the new and old members of the Board to keep the Cincinnati Health Department on the very successful road that it has been on so far.



## "Salud Cincinnati" Celebrates Success

Support of patient self-management is a key component of effective chronic disease management and improved patient outcomes. That's why CHD started offering shared medical appointments for patients at the Elm Street Health Center. Shared medical appointments are a form of outpatient care that combines medical care, patient education, and patient empowerment in a group setting. At CHD, shared medical appointments involved patients with common conditions (such as diabetes, asthma, hypertension and obesity) meeting as a group under the leadership of a physician or clinical staff.



The benefits associated with shared medical appointments include:

- Reduced health care costs
- Greater patient and clinician satisfaction
- Reduced repeat hospital admissions
- Fewer emergency room and sub-specialist visits

As a part of CHD's Interprofessional Collaborative Practice (IPCP), members of the pediatric team at the Elm Street Health Center worked together to assist Hispanic/ Latino patients and their parents to reduce the patient's Body Mass Index (BMI) by increasing parent knowledge. These Spanish speaking pediatric patients all had a BMI in the 95<sup>th</sup> percentile or greater. Participants learned more about proper nutri-

tion, and exercise while gaining a better understanding of BMI during the program which ran from December 21, 2017 through March 8, 2018.

## CHD advocates for increasing the legal minimum tobacco sale age to 21

The Cincinnati Health Department joins Interact for Health and the American Heart Association in advocating for raising the minimum legal tobacco sale age to 21 as part of the Tobacco 21 initiative. Tobacco use continues to be the leading cause of preventable death and disease in the United States and Greater Cincinnati. According to the U.S. Department of Health and Human Services, smoking costs the United States more than \$300 billion per year in direct medical cost and lost productivity. The Office on Smoking and Health reports nearly 9 in 10 cigarette smokers first tried smoking by age 18.

A report issued by Interact for Health and the American Heart Association states, tobacco companies are directly targeting our youth and young adults, especially in low income and predominantly African American communities. In Ohio alone, the tobacco industry spends over \$407 million each year on marketing.

The Institute of Medicine concluded that raising the minimum legal sale age of tobacco products to 21 will **significantly reduce the number of adolescents and young adults who start smoking (particularly among ages 15-17)**, reduce smoking-caused deaths and immediately improve the health of adolescents, young adults and young mothers who would be deterred from smoking as well as their children.

Five states — California, New Jersey, Oregon, Hawaii and Maine — and at least 285 localities have raised the tobacco age to 21. Columbus, Ohio passed the Tobacco 21 Ordinance in December 2016 and fully implemented it by October 2017.

The law will not penalize youth in any way or charge youth for possession of tobacco. The focus of the law is on the minimum legal sale age and is geared toward retailers and the tobacco industry.

## CHD Honors Long Term City of Cincinnati Employees at CHD

CHD realizes that our employees are our greatest asset, and we are delighted to honor their dedicated service and commitment to this organization. That's why on March 20, 2018, the CHD Labor Management Committee (LMC) held it's second Employee Recognition Ceremony which took place during the monthly Board of Health (BOH) meeting.

This recognition was initiated by the LMC in order to honor and thank the devoted and valued employees for their tremendous contributions to the City of Cincinnati and the Cincinnati Health Department for their 25+ years of service. They are valued members of our team and their continued contributions are vital for us to continue to be successful in meeting our stated Mission, Vision and Values. All of our organizational achievements are made possible because of their individual efforts as well as the efforts of their team members.

"We acknowledge and appreciate that the foundation of our success is built upon them and their commitment to CHD. The success of our organization is a direct result of their efforts and dedication," expressed Marilyn Crumpton, MD, MPH, Interim Health Commissioner. "Their commitment to quality and personal and professional integrity is the differentiating factor that sets us apart."

Each honoree received a certificate and was recognized by Dr. Crumpton and Ms. B.A. Dixon, LMC Co-Chair and event Chair.

### 25+ Years

**Dawn D. Jansen**, School & Adolescent Health — 29  
**Pamela Fannon**, Environmental Health Services — 29  
**Karen Flowers**, Financial Management — 29  
**James Wimberg**, Financial Management — 28  
**Maxine Watson**, Northside Health Center — 28  
**Linda Gross**, PEAP — 28  
**Carlos Thurman**, Cann Health Center — 28  
**Flossietta Moss**, Vital Records — 28  
**Deborah Murphy**, Women, Infant, Children (WIC) — 28  
**Michelle L. Williams**, Environmental Health Services — 28  
**Kimith A. Bush**, Human Resources — 28  
**Rochelle Sandford**, Environmental Health Services — 28  
**Norma E. Krusling**, Quality Improvement — 28  
**Teresa Best**, Dental — 28  
**Tamara S. Graham**, Dental — 28  
**Denise R. Walton**, Dental — 28  
**Patricia G. Hollis**, Fiscal — 28  
**Willa L. Reed**, Communicable Diseases — 27  
**Janet R. Clements**, Women, Infant, Children (WIC) — 27  
**Marilyn L. Gordon**, Human Resources — 27  
**Ann M. Albers**, Environmental Health Services — 27  
**Cynthia McCarthy**, Environmental Health Services — 27  
**Latha Venkatakrishnan**, Environmental Health Services — 27  
**Traci A. Straughn**, Cann Health Center — 27  
**Roberta I. Blistan**, Caan Health Center — 27  
**John O. Cade II**, Environmental Health Services — 27  
**Carolyn A. Cliett**, Women, Infant, Children (WIC) — 27  
**Constance M. Smith**, Women, Infant, Children (WIC) — 27

"This ceremony provided recognition, a moral booster as well as an opportunity for employees, friends, family, peers and the community to celebrate the outstanding achievements of these phenomenal employees," stated Ms. Dixon. "I'd like to personally extend a heartfelt congratulations to each of these devoted employee recipients whose years of service and dedication has sincerely made a positive impact on the community and the patients we serve," expressed Ms. Dixon. "I'd also like to specifically thank all those who assisted with the ceremony," she emphasized.

## National Infant Immunization Week, April 21-28



National Infant Immunization Week (NIIW), April 21-28, 2018, is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases throughout their life. NIIW is also a time to appreciate and celebrate the achievements of immunization programs around the county in promoting healthy communities.

Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting our children, communities, and public health. NIIW has served as a call to action for parents, caregivers, and healthcare providers to ensure that infants are fully immunized against 14 vaccine-preventable diseases.

It is because of these immunizations that today, most children in the United States lead much healthier lives and parents live with much less anxiety and worry over infections during their children's lifetime.

If infants are not immunized the consequences can be severe and sometimes fatal. Disease often brings economic and social expenses, misspent time and resources visiting doctors, hospitalizations as well as poor child and educational development. These consequences are in addition to any of the direct physical symptoms and health complications associated with a given condition.

Supported by the Centers for Disease Control and Prevention (CDC), the CHD plays an important role in keeping Cincinnati communities safe from disease outbreaks through surveillance, education, and administration of childhood vaccines. During NIIW, CHD encourages parents, caregivers, and healthcare professionals in their communities to understand the importance of on-time vaccination of children under 2 years old.

### The bodyshop at CHD

Do you need birth control, family planning, or regular gynecological care? We offer confidential visits that include sexually transmitted infection testing and treatment, contraceptive methods counseling and education, vaccinations, pregnancy testing, referrals for specialized services and more at our Primary Care Health Centers.

**The Reproductive Health and Wellness Program (RWHP) or the body shop**, is a five-year grant awarded by the Ohio Department of Health to the CHD and is funded by the federal Title X program. The program provides access to contraceptives and reproductive health services to the men, women and teens of Hamilton County, especially to the most underserved populations, so as to reduce the number of unplanned pregnancies, unwanted pregnancies, and ultimately, the number of poor pregnancy outcomes. In addition, the program works to cultivate a culture of responsibility, well-being, and empowerment in regards to sexuality and reproductive health. To schedule an appointment call **513-357-7320**. For questions call our hotline at **513-357-7341**.



### Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>  
 Instagram (@cinci\_healthdept): [https://www.instagram.com/cinci\\_healthdept/](https://www.instagram.com/cinci_healthdept/)  
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>  
 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

